

Postpartum depression prevention and support



Many **perinatal resources centres** (CRPs in the French acronym) offer postpartum depression support and prevention groups.

What to expect

CRPs have set up support groups for parents who find it challenging to adjust to their new role, whether or not they have been diagnosed with postpartum depression.

Facilitators direct the conversation and ensure participants' discussions remain respectful. They also offer any relevant information, tools or activities.

Topics discussed at meetings include mental health and wellness, perinatal mood disorders, social network, bonding, needs, emotions, body image, romantic relationships and social media.

Support groups help parents to:

- ▶ Feel less alone by connecting with other parents facing the same issues
- ▶ Put words to their feelings and experiences, in a judgment-free space
- ▶ Hear from others and normalize their experiences
- ▶ Find the tools they need to get better through their discussions

Meeting frequency and length varies from region to region.

About the CRPs

CRPs are community-based agencies that offer a full range of services and activities to all families in their region, from pregnancy through baby's second birthday. CRPs are members of the Quebec CRP network (Réseau des Centres de ressources périnatal du Québec, RCRPQ).

Postpartum depression affects **15-20% of new mothers**.

The number of mothers with depression symptoms without postnatal depression peaks in the three to six months following the delivery (about 40%).

About **10% of fathers** experience postpartum depression.

Source : Naître et grandir

Learn more and find your local CRP at:
www.rcrpq.com

